



Healthy Henry County Communities

annual report | JULY 2006–JUNE 2007

working together to make Henry County a better place to live, work, and raise a family

Making a Difference



DEAR COMMUNITY MEMBERS:

HHCC is pleased to present our 2006-2007 annual report, "Making a Difference". It is often difficult to quantify the difference programming makes in the lives of our residents. We can readily share numbers of participants, educational sessions and events. This year we are proud to also share with you personal stories about the people affected by the programs we are so passionate about. As you turn the pages of this report, you will learn about the growth and success of the New Iowans Center, the spacious new location of the Family Connection, completion of the Harkin Wellness and Wellmark School Nutrition grants, our designation as a Community of Promise, and many more success stories about strengthening and building strong families in our community.

We are blessed with a talented program and activities staff and a committed board of directors who work together to make Henry County a better place to live, work, and raise a family. This year's report recognizes our accomplishments and celebrates the difference we have made in many lives. To all of you who have contributed to our success, many thanks for a tremendous year.

Nancy Hahn

Healthy Communities Program Coordinator
319.385.6523

GENERAL BOARD FUNDING

Empowerment Board Support:	\$9,827.20
United Way:	2,875.00
Bike Rodeo:	210.00
Interest:	1,119.30
TOTAL	\$14,031.50

HHCC Program & Activities Council Members

JULY 1, 2006 THROUGH JUNE 30, 2007

Sal Alaniz	Anita Hampton	Rena Philp
Chuck Albright	Jennifer Lehman	Robin Poole
Molly Baker	Diane Magnani	Amber Scott
Karen Bates Chabal	SueAnn Morrow	Wendy Smelser
Cindy Conrad	Ted Mountz	Mike Springstein
Gayle Cornick	Debbie Patterson	Dorothy Thorne
Terri Dixon	Judy Pauly	

HHCC Board of Directors

JULY 1, 2006 THROUGH JUNE 30, 2007

Sal Alaniz	Klay Edwards	Diane Magnani
Ruth Allison	LeAnn Farley	Mike Riepe
Teri Bockting	Sharon Ford	Luis Rosell
Phil Borleske	Dave Helman	Beryl Shahan
Bob Cardoni	Sarah Kaufman	Dan Sheehan
Dave Christensen	Jerry Kelly	Darin Stater
Jim Cruchelow	Ed Kropa	Jan Walter
Lori Davis	Jane Lauer	Mary Beth Young
Paul Dennison	Todd Liechty	Tom Young

HHCC Administrative Staff

JULY 1, 2006 THROUGH JUNE 30, 2007

Linda Albright	Community Health Director
Janet Smith	Henry County Extension Director
Nancy Hahn	Healthy Communities Program Coordinator
Jacki McCracken	Henry County Empowerment Coordinator

LINDA ALBRIGHT

Director

JANET SMITH

Director

NANCY HAHN

Coordinator

JACKI MCCrackEN

Coordinator

Making a Difference

We all have a stake in the future of our young people and are responsible for preparing them for success. Henry County was selected as an Iowa Community of Promise in February 2007 in recognition of our collaborative programs on behalf of children and youth. **"Healthy Henry County Communities, A Community of Promise"** strives to build character and competence in all children and youth through the delivery of the Five Promises of America's Promise: Caring Adults, Safe Places, Healthy Start and Future, Marketable Skills, and Opportunities to Serve.

"Becoming a Community of Promise was an obvious next step for Healthy Henry County Communities, as so much of our programming is based on positive youth development," stated Nancy Hahn, Healthy Henry County Communities Program Coordinator. Young people experiencing the benefits of the Five Promises do better in school, are more likely to pursue higher education and enjoy better relationships with their peers and families. They are less likely to engage in risky behaviors, and are five to ten times more likely to become productive citizens in their communities.

The **Community of Promise** designation provides Healthy Henry County Communities with opportunities to gain national recognition and media exposure, receive additional grant funding, and participate in regional forums. More importantly, the designation strengthens youth programming and builds awareness around local youth development efforts in the community.

OUR PARTNERS ARE THE KEY TO OUR SUCCESS!

Thank you to Henry County Health Center, Henry County Extension, Henry County Public School Districts, Henry County, State of Iowa, local individuals, civic groups, and businesses!

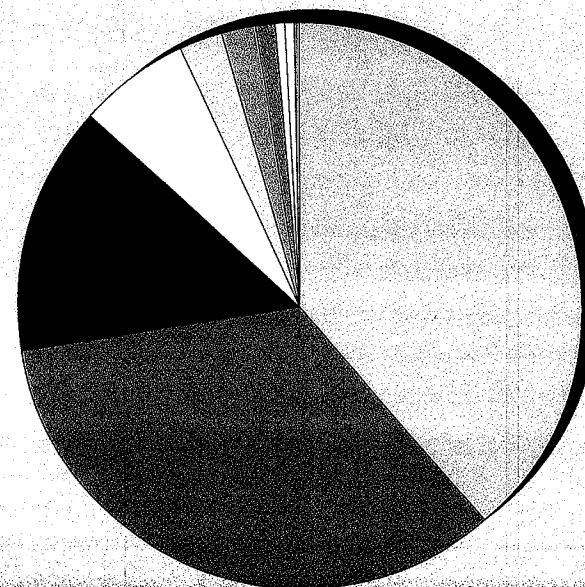
VOLUNTEER OPPORTUNITIES FOR YOU!

There are many volunteer opportunities available with HHCC. If you would like to offer your time and talents or want to learn more about our organization, please call 319-385-6523 or email Nancy Hahn at hahn@hchc.org. You can also find us on the web at www.healthyhenrycounty.org.

a community of promise

Income: July 1, 2006 through June 30, 2007

Empowerment	\$343,867.02
State of Iowa	301,947.19
Federal	127,837.00
Henry County Health Center	56,930.33
United Way	20,500.00
Other (business, industry, churches, private)	18,420.85
Henry County	9,000.00
HNI Charitable Foundation	7,100.00
Enhance Henry County Community Foundation	3,000.00
Humanities Iowa	1,955.00
TOTAL:	\$890,557.39



Diversity

VICTOR OYERVIDES, NEW IOWANS
CENTER COORDINATOR 319.931.5585

A Cultural Arts Festival and Language Summit was held in October 2006.

"Many Cultures, One People"

featured ethnic foods, various forms of entertainment, workshops and exhibits, and a cultural arts variety show on the Iowa Wesleyan College campus.



John Paul Samputu, a prominent African artist, delivers a message of peace and reconciliation while performing at the Cultural Arts Festival October 2006.

In November 2006, Healthy Henry.

County Communities and the Iowa Workforce Development established a New Iowans Center in Mt. Pleasant to offer workforce development services to persons who have recently moved to Iowa and are seeking employment. Located at the Henry County Extension Office, the Center offers support to workers, businesses, and communities with information, community service referrals, job placement, translations, language training, and resettlement assistance. Technical and legal assistance concerning forms and documentation are also available. Through public-private partnerships, the New Iowans Center provides one-stop workforce development services for new Iowans. Victor Oyervides is the Center's Director.

A student from Vietnam recently passed her citizenship test in Des Moines after months of arduous and persistent preparation. Initially her weak point was writing in English, a requirement for becoming a United States citizen. In class work at the New Iowans Center, her efforts focused on learning key vocabulary words from U.S. history, government, and everyday life. She also attended ESL classes through Southeastern Community College, greatly improving her writing abilities.

FUNDING

HNI Charitable Foundation	\$2,400
Enhance Henry County Community Foundation	3,000
United Way	1,750
Humanities Iowa	1,955
Donations	4,992.45
TOTAL	\$14,097.45

Child Care Nurse Consultant

ROBIN POOLE, RN, CCNC 319.385.6724

The Child Care Nurse Consultant provides guidance and technical assistance to child care providers, families and communities regarding the health and safety of children. Henry County Public Health Registered Nurse Robin Poole assumed the Consultant's position following rigorous mandatory training. Collaboration with the Early Childhood Specialist opened doors for Poole to become better acquainted with the child care providers in Henry County. Working through assessments together, Poole helps providers ensure their child care businesses are healthier and safer for children.

FUNDING

Empowerment

\$27,828.66

Home Visitor Program

GAYLE CORNICK, RN, HOME VISITOR NURSE 319.385.6724

The birth of a new baby is a joyous occasion, but it can also come with apprehension and questions. While parents receive an abundance of information during their hospital stay regarding health, safety, parenting, growth/development of their infant, and community resources, they often search for advice about the care of their infant when they return home from the hospital. "My role as the Home Visiting Nurse is to reinforce information shared with parents during the hospital stay, providing a continuity of care between hospital and home," states Gayle Cornick, RN, Henry County Public Health Nurse.

One of the ways she does that is by putting parents at ease with their concerns. Her years of obstetric nursing give her the ability to sense what a mother may be nervous about. She'll then focus on those areas of concern. "I don't follow a script," Cornick said. "We just have a conversation and I try to touch on certain points during the visit. Time and time again I'll get a survey response that says I have reassured parents they are doing things just fine, and the baby is doing well. The home visit gives them the confidence they need to care for their baby."

FUNDING

Empowerment

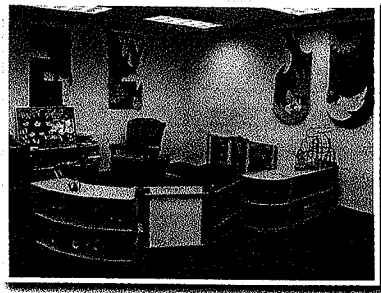
\$15,000



Family Connection

WENDY SMELSER, AMBER SCOTT
PROGRAM COORDINATORS
319.385.8126

In April the Family Connection moved to their spacious new facility in the lower level of the Henry County Extension Office at 127 N. Main Street in Mt. Pleasant.



The state-of-the-art facility features age-appropriate learning centers for children 0-5 that include educational play items, building blocks, and NO electronic toys. The nursery is separate from the toddler area, with plenty of room to play or quietly read a book. A fully-furnished kitchen sets the scene for cooking classes for our young mothers. The meeting room is conducive to large or small group discussion. The bigger space has also provided room for all personnel to have individual office space, providing privacy for counseling sessions. From our humble beginnings in 2001 in a tiny area, this is truly a dream come true!

The real success is the result of the collaborative efforts between Community Partnerships, the Family Connection, Partnering for a Healthy Baby, the Home Visitor Program and HCHC. Through a shared goal of supporting and educating pregnant and new mothers, a seamless system of referrals was created. A new mom may be connected to the circle by her physician at a prenatal visit, from a class at the Family Connection or a CPPC Family Team meeting, or she may be a teen mom referred by a school nurse. Through this circular referral system, we ensure that no services are duplicated as all partners are in contact to communicate needs and successes. An advantage that has emerged from this system is multiple and ongoing contacts with mom as the situation necessitates.

FUNDING

Empowerment:	\$70,921
Prevent Child Abuse:	6,000
United Way:	2,500
Noon Rotary:	250
Kiwanis:	1,000
Donations:	4,084.22
TOTAL	\$84,755.22

Partnering for a Healthy Baby

CINDY CONRAD, PARENT EDUCATOR 319.385.8126

The story of Amy Dehart demonstrates the synergy of collaborative efforts. Amy, a first-time mother, has had a difficult year. Amy began the Partnering for a Healthy Baby program mid-pregnancy. Her mother died from cancer seven months before Amy's daughter, Bailey, was born. She and her husband, Doug, bought their first home in January 2007. Doug's father passed away the same month. Doug was deployed to Iraq in June 2007 for 12-15 months.

After joining The Family Connection, Amy became a leader. She served on the Parent Council, volunteers at the Nest, and helped The Family Connection move to its new location. Amy was instrumental in starting the support group "Chic Chat." She and Doug have been avid supporters of the "Family Fun Nights" sponsored by the Pleasant View Mennonite Church. Their daughter, dancing to the music, loves attending "Tune Time" with her mom.

"Doug and I have gained so much information that helps us with our parenting just by being involved with The Family Connection and Partnering for a Healthy Baby programs. There seems to be something helpful for all different ages of children." "The staff listens and treats everyone equally. The programs offer individual time so that I don't get embarrassed asking questions in front of a group. Both programs far exceeded what I thought I would get out of them."

FUNDING

Empowerment:	\$31,982
Prevent Child Abuse:	6,000
TOTAL	\$37,982



healthy youth & families

Project Reach

ANITA HAMPTON, EARLY CHILDHOOD
SPECIALIST 319.385.8126

The Early Childhood Specialist with Project Reach works directly with 50 home and center providers to offer individualized assistance and professional development.

Four preschools in Henry County were assisted with implementing improvement plans formulated last year. This work culminated in the "next step" training on a standardized, research-based curriculum. One preschool teacher said, "This has really strengthened the ties between our core group of preschools. I love learning and growing with them."

Because Star*Reach involves study beyond the work day, many child-care providers are concerned about the time it will take away from their personal lives. Five first-year providers and three seasoned 'mentors' volunteered for this self-study and program improvement. All showed "above and beyond" commitment to early childhood education, the children in their care, and the families they serve. An exit observation at the conclusion of the year's study showed that each first-year participant improved her score on the family child care environmental rating scale. A participant said, "In 19 years of childcare, Project Reach has been one of the most beneficial programs I have participated in."



Star Reach participants include Hollie Ashton, Kim Fenton, Anita Hampton facilitator, Cindy Ruth, Gladys Movall, Angelia Hird.

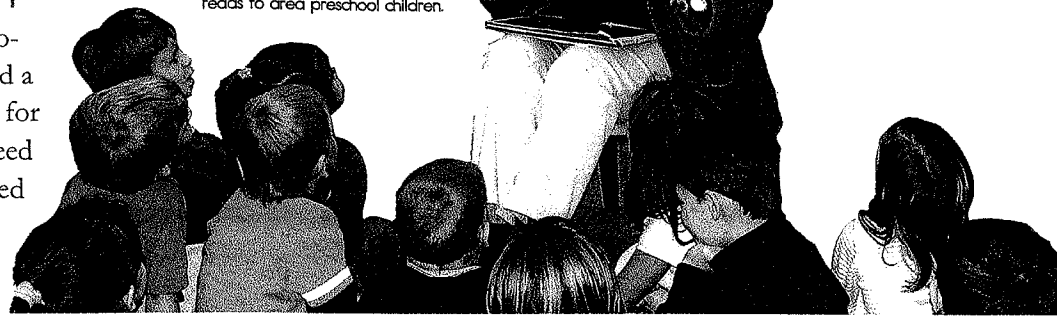
FUNDING

Empowerment	\$89,500.80
HNI Charitable Foundation	2,500.00
United Way	375.00
TOTAL	\$92,375.80

Preschool Scholarships

The preschool scholarship program helps area families afford a positive preschool experience for their children. "All children need to be challenged and stimulated for growth. They need to have a supportive and

Anita Hampton, Early Childhood Specialist, reads to area preschool children.



healthy environment in which to grow and the preschool experience provides that atmosphere," explained Anita Hampton, Early Childhood Specialist. "Preschool is important because children need exposure to an environment specifically planned for them where they can be challenged beyond their present knowledge. Learning is developmental, so parents should look for a preschool that encourages children to grow from where they are to kindergarten readiness."

Families who qualify are eligible for a full scholarship. The \$85 per month generally pays for a two to three day a week program in Henry County. Even if parents fall above the income level guidelines, their child may be eligible for a partial scholarship based on a sliding fee scale. 83 scholarships were awarded for the 2006-2007 school year. For more information and how to apply, call Jacki McCracken at 385.3965

FUNDING

Empowerment	\$73,043
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Community Partnerships for Protecting Children

AMBER SCOTT, FAMILY CONNECTION COORDINATOR
CINDY CONRAD, PARENT EDUCATOR 319.385.8126

CPPC is all about promoting safe environments for children. From Public Service Announcements to Bed-E-Bye Bags to Family Fun nights, CPPC members provide education to all segments of the community. Family

Team meetings continue to help families stabilize their home situations. As a participant in a successful Family Team Meeting stated: "I didn't know that we (as a family) could ever sit down together and talk with each other like that." "Mom's Off Meth" facilitation training has helped new groups get started, assisting mothers in the recovery process. Cross-training sessions helped community members learn about different types of drugs and their effects.

FUNDING

Department of Human Services	\$20,000
United Way	1,000
Wal-Mart	1000
Kiwanis	100
TOTAL	\$22,100

ROBIN POOLE, RN
Child Care Nurse Consultant

GAYLE CORNICK, RN
Home Visitor Nurse

WENDY SMELSER
Family Connection
Program Coordinator

AMBER SCOTT
Family Connection
Program Coordinator

Henry County Substance Abuse Coalition

JENNIFER LEHMAN, DRUG FREE COMMUNITIES PROGRAM COORDINATOR

RENA PHILP, PROGRAM COORDINATOR 319.385.8126

The Henry County Substance Abuse Coalition strives to promote collaboration, education, and activities designed to meet identified needs of the community. Resources and information were provided to the community this year in a number of ways, including Red Ribbon Week education events; a Parent Forum at the Mt. Pleasant Middle School focusing on prescription drugs; a community forum addressing the problem of how substance abuse impacts the entire community; and an informational meth workshop for employers and other community members in conjunction with the Henry County Sheriff's Office. The Winfield School District assisted in the development of a Youth Court. One of the purposes of the Youth Court is to send a strong non-use message by peers.

A student leadership group from Winfield and WACO schools hosted a Winfield town hall meeting to raise awareness in the community regarding underage drinking. Approximately 100 people attended the event.

The focus of the meeting centered on how parents can support their children by not providing alcohol and how students can handle peer pressure associated with underage drinking. **The overriding message to parents from kids, "Don't be afraid to be the bad guy in your kid's life. Tell them no, they can't do things because that's what kids really want to hear. Don't be afraid to step up and parent!"**

FUNDING

Drug Free Communities grant through SAMHSA	\$100,000
IDPH (Youth Development)	50,000
Skate park donations	1,534.88
Community donations	1,002
United Way	1,000
TOTAL	\$153,536.88

Mentoring

TED MOUNTZ, COORDINATOR 319.385.8126

Henry County Mentoring is available in all four school districts in the county: WACO, Winfield/Mt. Union, New London, and Mt. Pleasant. The community-based program collaborates with the school districts and youth-serving organizations to increase the connectedness of youth in Henry County while focusing on positive role models. A ten-member volunteer board oversees the fledgling program with direction from the coordinator. Seventeen matches were formed during the first year of the program.



Linda Sharp (Mentor) with Shelby Hartman (Mentee)

Mentors help young people stay in school, achieve goals, and avoid unsafe activities by consistently being there, listening, and being a role model. A few hours a month makes a huge difference in the life of a child. Mentors come from all walks of life, all economic and educational backgrounds, many different age groups, and are committed to making the world a better place for children.

FUNDING

Iowa Department of Public Health
(Prevention through Mentoring)

\$53,000

Tobacco Coalition

MIKE SPRINGSTEEN, PROGRAM COORDINATOR 319.385.8126

TATU/JEL (Teens against Tobacco Use/Just Eliminate Lies)

Mt. Pleasant, WACO and Winfield-Mt. Union students hosted numerous street marketing events during The Great American SmokeOut on November 16, 2006. Each school district constructed a crime scene at their school with taped off caution areas. Messages and scriptures were written on the cement about those who died as a result of smoking and the cause of death. Palm cards were distributed with smoking facts on one side and the Iowa Quitline phone number and information on the other side. This proved to be a very popular venue to convey our message. Palm cards were also distributed at basketball, track, volleyball and wrestling events throughout the year. Youth played an important role as they worked together to spread awareness of how tobacco use affects lives.



CINDY CONRAD

Parent Educator



JENNIFER LEHMAN

Drug Free Communities
Program Coordinator



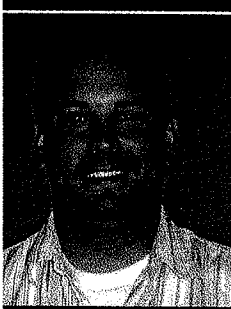
RENA PHILP

Program Coordinator



TED MOUNTZ

Mentoring Coordinator



MIKE SPRINGSTEEN
*Tobacco Coalition
Coordinator*



NICHOLE MALIN
*School to Career
Coordinator*



SUEANN MORROW
*Transition Partners
Coordinator*

A survey was designed to determine teens' perceptions about restaurants that permit their patrons and staff to smoke on the premises. The survey was conducted within the four Henry County school districts. 900 students out of approximately 1,100 in grades 9-12 completed the survey, a return rate of 82%! Students overwhelmingly indicated that they would prefer that all bars and restaurants become tobacco-free. Community awareness was increased through articles in The Burlington Hawk Eye and Mt. Pleasant News. **Henry County youth are the leaders of the future and we value and listen to their opinions on issues!**

FUNDING IDPH

\$17,000

School to Career Consortium

NICHOLE MALIN 319.385.9211
CO-CHAIRS: RICH MUELLER,
JOHN ROEDERER

Developing productive and responsible citizens who are prepared to enter the workforce and succeed in an ever-changing society is the mission of the School to Career Consortium.

The Consortium is a venue for discussing partnership opportunities between education and business. It also organizes county-wide activities throughout the year, including a presentation on fiscal responsibility for high school students and an elementary career day. The Consortium also supports the "Hire Me First" initiative in New London, updates information included in the Resource Guide, and provides annual scholarships to graduating seniors.

HIGH SCHOOL FISCAL RESPONSIBILITY

About 90 students from Henry County had the opportunity to hear professionals speak about the importance of developing a personal budget and understanding the value of money. Keynote speaker Erik Danielson talked about the potential detriment of credit cards for students. **Students developed short and long term financial goals as part of an activity.** When students were asked "What is the most valuable thing you gained from the program?" comments included: "credit cards are bad: keeping a budget isn't easy"; "big cities aren't always better"; "keeping



Kiley Miller educates students about working for a newspaper at *Bring Your Work to School Day*.

an open mind; knowing that managing money is important"; and "more aware of how much things will cost in the future". And when asked "What will you do as a result of the activities", students responded: "make a conscious effort to repay money owed to my parents"; "think twice when I buy something"; and "limit credit cards; budget before I go to college".

FUNDING

Community Donations:	\$2,580
HNI Charitable Foundation:	700
TOTAL	\$3,280

Transition Partners

SUEANN MORROW, COORDINATOR 319-385-8126

As a result of this project, Henry County became a better place to live for high school youth experiencing a disability, particularly during periods of transition. This was accomplished through several venues, including the development of a Transition Guidebook detailing activities/services that are available to youth with a disability in grades 8-12. A multi-county resource directory, specific to disability services, was developed and distributed. Transition Resource Team meetings were held to ensure that youth did not fall through the cracks upon graduation. Three stakeholder meetings of teachers, administrators, adult service providers, AEA personnel and parents were held to facilitate on-going communication. A parent support group was formed with the belief that "informed parents make better educational partners."

More youth are connected to needed adult services upon graduation.

Teachers thought the Transition Resource Team meetings were very helpful. One teacher described them as "phenomenal".

Parents were very happy with the Parent Group. As one parent put it: "Before the parent support group, I felt alone in my struggles with having a daughter with a disability. After I joined the group I found support from both the parents and the coordinator. Because of the parent support group I have gained resource information where I can obtain additional help and learned of opportunities available for my daughter. **Because of the parent support group, I know I am not alone.**"

FUNDING

Iowa Vocational Rehabilitation services through the Office of Disability Employment Policy of the U. S. Department of Labor	\$21,000
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Wellness Journey

COORDINATORS:

MOLLY BAKER AND DEBBIE PATTERSON, 385-6595

DOROTHY THORNE AND TERRI DIXON, 385-6739

The Wellness Journey provided a multi-faceted approach to adopting healthy lifestyles that impacted the adult and student population of Henry County. Participant feedback from all aspects of the Wellness Journey was overwhelmingly positive. All funding sources worked collaboratively to encourage Henry County individuals and families to make healthier lifestyle choices to last a lifetime.

The Social Marketing Campaign and monthly educational messages encouraged individuals to take charge of their personal health.

HCHC's Healthy Workplaces has sponsored a worksite wellness program, "Healthy Workplaces", since 2002. The mission is to reach the community through the employer, identifying employees at risk for lifestyle-related illnesses and providing them with healthcare education to make lifestyle changes that will improve their overall health.

To increase opportunities for physical activity among young people and their families, three Recreation Trail Events provided family fun for all ages. Each event was a success! Three hundred little goblins haunted The Pumpkin Patch Hike and 500 individuals braved the Hike of Horror. The western-themed "Healthy Trails to You" rounded up 110 participants.

The Lifestyle Challenge is a team-based program promoting physical activity and health habits during the course of four months. The Challenge encourages people to make healthy choices every day as individuals

complete monthly calendars with a daily health opportunity. Participants had a 14.5% increase in normal BMI the previous year. **The 395 participants this year had a 1% increase in normal body mass index, but more importantly, developed new healthy habits.**

The Senior Fitness component exceeded our expectations with 2,250 seniors participating in low and moderate intensity classes. "We get heart rates up, do dance moves and work on balance," said Senior Fitness Instructor Lynn Grell. "Then we focus on strengthening, use the Swiss balls, medicine balls, therabands, weights. We do some Tai Chi and yoga. **I think the program has been so successful because participants get physical exercise and instruction on the proper way to do exercises, and they enjoy the social aspect. They come with smiles on their faces and seem to be having great fun.**"

Team Lunchroom III, the third and final year of our Wellmark School Nutrition grant, continued to promote healthy lifestyle changes through wellness education, improved nutrition and increased physical activity of students and members of the community. **The number of students (K-12) at risk for overweight or obesity was reduced 5.2%.**

Mini-health fairs in each school district taught students about sugar in physical activity. Concession stands were encouraged to offer healthy food choices.

Ninety-eight percent of 6th-8th grade students surveyed reported at least one positive change to their health because of the Lifestyle Challenge/Student Edition. The Lifestyle Challenge/Student Edition mirrored that of the adult Challenge, encouraging families to participate together. Pick a Better Snack, a bingo game to encourage consumption of fruits and vegetables and increase physical activity, was a popular activity again this year. Eighty percent of elementary student families reported eating more fruits and vegetables. Many positive remarks and comments were received about the program:

"My child has become extremely aware of not only her diet, but



Terri Dixon, Wellness Team, teaches elementary students about making healthy choices.

community wellness

A young cow poke pans for treasures during *Healthy Trails to You*.

Retired and Senior Volunteer Program (RSVP)

KAREN BATES CHABAL, DIRECTOR 319.385.6547

RSVP matches seniors to service. Individuals are encouraged to share their experiences, abilities and skills for the betterment of their community and themselves.

Sometimes a dedicated volunteer is all it takes to meet a need.

A few days before the Labor Day weekend, a gentleman from Mt. Pleasant used VA Hospital transportation to Iowa City for surgery. He was released on Saturday of Labor Day weekend, but had no way to get home. The manager of his local apartment complex located a long-time RSVP driver to see if he could manage the ride. The volunteer knew the trip fit the RSVP medical transportation program. Without his own car available to him at the time, the volunteer walked to the hospital, picked up the RSVP van and brought the man home. With this volunteer's quick response, he enabled the patient to begin his recuperation on schedule in his own home.

FUNDING:

State:	\$11,492
Federal:	\$27,837
United Way:	\$10,000
Henry County:	\$3,000
Donations	\$180
TOTAL	\$52,509



Enid Mortland and Barbara Ledbetter participate in Senior Fitness classes. The class was part of the Henry County Wellness Journey and focused on increasing stamina, energy levels, flexibility, getting fit, and having fun!

our family's overall diet. She gives me advice about what is healthy and unhealthy, which has convinced me to make better choices as a parent when shopping for groceries."

Dorothy Thorne, program coordinator, said, "I was at Hy-Vee handing out samples of "Tangy Broccoli Salad." A 9-year-old girl approached with her grandmother. She was apprehensive about trying the broccoli, but since it was on her bingo card, she reluctantly took the two small pieces I placed in her cup. She came back three times for more! I finally had to tell her I needed to save the rest for other people to try. I gave her a recipe card for her grandmother. She took one for her mother, too."

FUNDING

Harkin Wellness Grant IDPH:	\$73,822.19
Wellmark School Nutrition Grant:	32,133
Iowans Fit for Life:	10,000
Team Nutrition Mini Grants:	1,500
HNI Charitable Foundation:	1,500
United Way:	1,000
Rec Trail Event:	118
TOTAL	\$120,073.19

Dorothy Thorne, School Nutrition Grant Coordinator, helps Ryan Barton spin the Nutrition Wheel at the Mount Pleasant Middle School Health Fair.



KAREN BATES CHABAL
RSVP Director



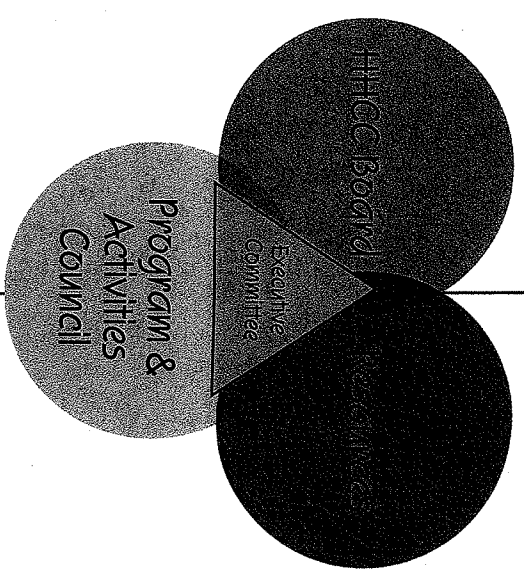
MOLLY BAKER
Wellness Team Coordinator



DEBBIE PATTERSON
Wellness Team Coordinator

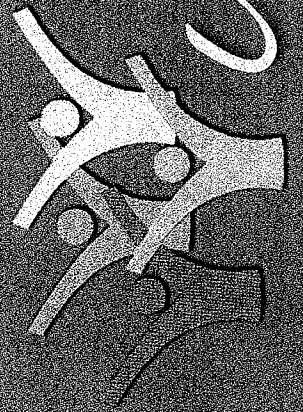


Healing Henry County Communities A COMMUNITY OF PROMISE



Diversity	Healthy Youth & Families	Community Wellness	Senior Services
<ul style="list-style-type: none"> • Celebrations • Community Education • Community Voices • Interpreters • Study Circles 	<ul style="list-style-type: none"> • Family Connection • Home Visitor Program • Partnering for a Healthy Baby • Project REACH ★ Maternal Child Health Services • CPPC • Drug Free Communities • School to Career Consortium 	<ul style="list-style-type: none"> • Healthy Workplaces • Lifestyle Challenge • Team Lunchroom • Recreation Trails ★ Women's Health • Mediation 	<ul style="list-style-type: none"> • RSVP • Elder Resource Group • Senior Fitness ★ Senior Health Services
<p>KEY</p> <ul style="list-style-type: none"> • Healthy Henry County Community Programming ★ Henry County Public Health Programming 			





Healthy Henry County Communities

Annual report | JULY 2006 – JUNE 2007

Working together to make Henry County a better place to live, work, and raise a family

Making a Difference